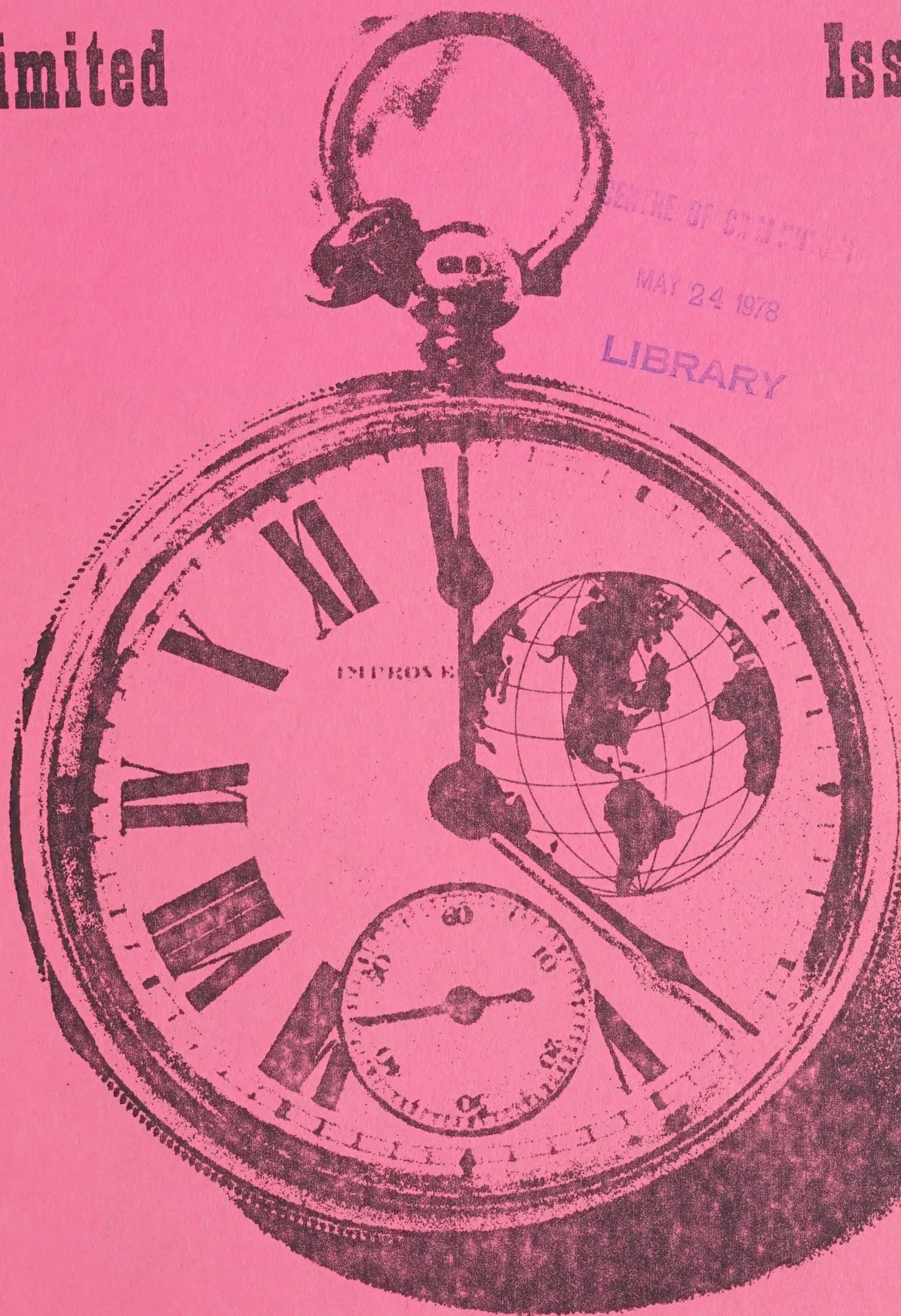


COMMUNICATOR

SPRINGHILL PENITENTIARY

Limited

Issue



Vol. 7 No. 1

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Editorial

This issue has been on the shelf for a few weeks as we were working on on the Legal Aid Handbook for Inmates, which should be available very soon.

Last year sometime, in the Vulture Issue (VI #1), we re-printed from the OVO Photo magazine an article called the Strike by William MacAllister. We subscribed at that time, but now find that some upper echelon official has taken it upon himself to banish this publication from all penitentiaries. We are led to believe that the material featured in OVO was/is considered inflammatory in nature.

As this issue goes to print we have just been issued ID tags. If you read the Recommendations of the Parliamentary Sub-Committee in the last few pages of the paper, you will find that # 114 sez that all staff and inmates must wear name-tags. I understand this goes all the way back to when Marie Steinhauer was killed in BC Penitentiary, reportedly through the lack of a means of identification. If staff are unable to discern between a woman and a group of convicts, I wonder what will be the point of issuing small cards. Another item for your consideration, will it become an offence to shave off or to have some unauthorized growth of hair? Only time will tell, so stay tuned in to this channel.

The four living units are in the process of being painted completely, in the style of Mr. Ford of days gone by. (You can have any colour you want, so long as it's blue)

Hope you enjoy this issue, it's certainly been in the oven a long time.

by GREG SCOTT



LOCAL STOPS ON THE SUCCESS TRAIN

Files

Canadians get the right March 1 to examine government files on themselves, find out what the information has been used for and ask for corrections of inaccuracies.

Interviews with Privacy Commissioner Inger Hansen and government officials provided a guide Thursday to procedures that individuals will follow to use this new right granted under the federal Human Rights Act.

The first step is to go to a post office, library or other yet undecided institutions where a federal index of government files will be available.

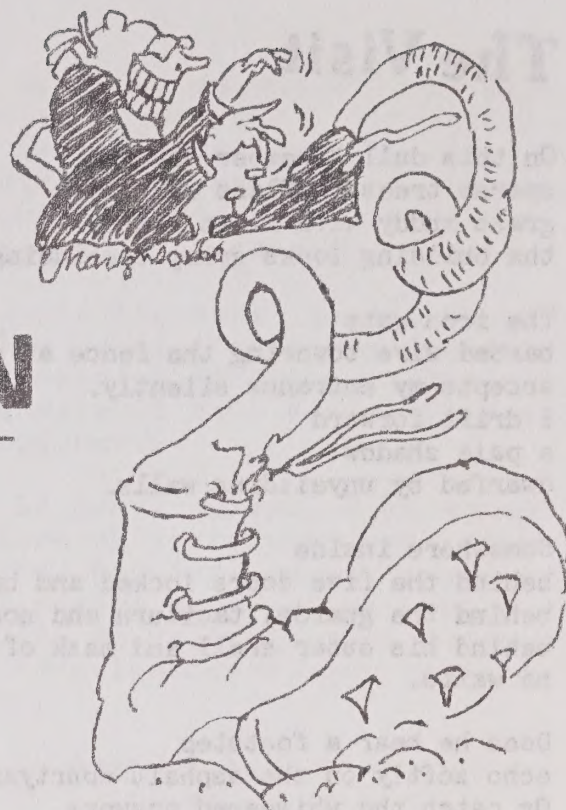
The index will contain a description of about 1,500 categories of files—known as information banks—compiled by 27 federal government departments and 62 government agencies, including the RCMP.

Commercial government operations, such as the CBC and other Crown corporations, do not have to comply with the new law in opening files.

Each entry in the index will describe the contents of an information bank, and show the department or agency which has it, whether the information is in a computer or on paper, how many persons' files are in the bank and an address for getting it.

Sample banks: Professionals who applied for grants from the National Research Council; persons who filed income tax returns; persons who filled out forms to get unemployment insurance, pension payments or other social service benefit applicants for federal jobs; employment, attendance, leave and overtime records of federal employees.

If you think there is information on you in a file, you can apply to see it by filling out separate forms for each request from a different information bank and mailing it to the address in the index.



The government gets 30 days to mail the file to you, make it available at a government office, notify you that no information exists or that there will be a delay or tell you it cannot give you the information. There are a variety of grounds for the government to withhold files or parts of files from an applicant.

If a file or part of a file is withheld, the minister responsible for the department or agency with the file must give you the reason in writing.

To challenge the minister's reason, a complaint can be laid with the privacy commissioner, Ms Hansen, who has the powers to investigate some cases and advise the minister that he is right or wrong but cannot enforce her decision. She will take complaints by mail or telephone.

Cabinet ministers have a dozen grounds for withholding information, and five of them, considered Crown privilege cannot be challenged by the privacy commissioner.

They are cases where the information is withheld on grounds that revealing it might be injurious to international relations, national security, or federal—provincial relations, or might reveal a Privy Council secret.

Ms Hansen can investigate cases where part of a file is held back on grounds it would reveal information obtained by or prepared by a government investigative body in relation to national security, during a criminal investigation or an investigation into any offence against any act of Parliament.

The Visit

On this dull November day-
sparse trees leafless and bleak
grass muddy with first slush-
the building looks grim, forbidding.

The iron gate
barbed wire towering the fence at either side
accepts my entrance silently.
I drift forward
a pale shadow
dwarfed by unyielding walls.

Somewhere inside
behind the five doors locked and barred
behind the guards, taciturn and non-committal
behind his outer shell and mask of nonchalance
he waits.

Does he hear a footstep
echo softly on the asphalt courtyard?
Or catch the whispered answers
to the endless, uniformed officials?

I wait anxiously in line
between the sterile walls
hands fluttering in my lap
eyes filled with smoke
and acrid tears.

Letter to a prisoner

you went south for the winy

you went south for the winter
my love
but from your prison cell
do you really care
if spring comes sooner there?

you could have stayed
and braved
our bitter winds
and swirling storms

our hearts if not our hands
are warm

my arms
are not the kind
for carrying to war

by:Sheila Martindale

L.S.O.T.S.T.

She also can challenge exemptions made on grounds the information might jeopardize a prisoner's safety; reveal a police, prison or other informant; reveal information about any other person; disclose a legal opinion given to government or hinder the function of a court, quasi-judicial board, government commission or government inquiry.

- reprint from CP



Dossiers

LES CANADIENS AURONT LE DROIT D'EXAMINER LEURS DOSSIERS

A partir du 1er mars prochain, les Canadiens auront le droit d'examiner les dossiers gouvernementaux qui les concernent personnellement, de savoir à quelles fins ont servi les renseignements qu'ils contiennent et d'apporter les corrections qui peuvent s'imposer.

Ce droit a été accordé par la LOI DES DROITS DE L'HOMME et un commissaire, Mme INGER HANSEN, verra à la faire respecter. (Mme Hansen, on le sait, occupait autrefois le poste d'Enquêteur Correctionnel). Pour obtenir les dossiers en question, il faudra tout d'abord consulter l'index des dossiers dans un bureau de poste, une librairie ou tout autre endroit déterminé par le gouvernement.

L'index fournira une description d'environ 1,500 catégories de dossiers, compilés par 27 ministères fédéraux et 62 agences gouvernementales, dont la Gendarmerie royale du Canada.

A l'index figurera le nom du ministère ou de l'agence qui possède le dossier désiré et l'adresse à laquelle il faut écrire pour se le procurer.

Le gouvernement, à ce moment là, aura 30 jours pour vous envoyer le dossier, vous annoncer qu'il y aura un délai ou vous dire qu'il ne peut pas vous fournir les renseignements que vous réclamez.

Dans ce dernier cas, on doit vous donner la raison par écrit. Si vous ne la trouvez pas suffisante, vous pouvez vous plaindre auprès de Mme Hansen, qui fera des représentations, mais QUI NE PEUT PAS OBLIGER LE MINISTÈRE OU L'AGENCE SUR SA DECISION.

Pour refuser des renseignements, on peut invoquer le fait qu'ils seraient préjudiciables aux relations internationales, à la sécurité nationale, à la défense nationale, aux relations fédérales-provinciales ou qu'ils révéleraient un secret du Conseil privé du Canada.

HUM! Les raisons qui précèdent et pouvant motiver un refus de renseignements semblent très larges et à la portée de tous ces petits fonctionnaires désireux de jouer au chat et à la souris. Surtout la clause "sécurité nationale" qui peut englober une foule de petites choses. Nixon a employé cette formule; certains ministres canadiens l'emploient régulièrement ...

En résumé, une LOI comparable à une POLICE D'ASSURANCE: il faut lire les petits caractères pour se rendre compte de sa valeur réelle.



Disciplinaire

Le bureau du solliciteur général, Francis Fox, a annoncé dernièrement la nomination de membres du Barreau ou juges à la retraite qui ont accepté de présider les audiences disciplinaires dans les établissements à sécurité maximales.

Ces nominations font suite à une recommandation du sous-comité parlementaire sur la justice et les institutions pénitenciaires. Le sous-comité recommandait la création de tels comités présidés par des personnes indépendantes.

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1978- Saviez-Vous Que ...

Presque tous les Canadiens sont affectés par les hausses de prestations sociales et les diminutions d'impôt en 1978.

- 1.- Les pensions de vieillesse, les allocations familiales et les allocations d'assurance-chômage augmentent plus ou moins en proportion de la hausse du coût de la vie, MAIS ELLES SONT ENCORE IMPOSABLES.

La hausse des prestations sociales et la baisse des impôts s'établissent à environ 7.5 pour cent, MAIS LE TAUX ANNUEL D'INFLATION est de 9.1 pour cent. (Et la commission de lutte à l'inflation a limité les hausses de salaire à six ou huit pour cent, ce qui reste inférieur au taux précité d'inflation).

- 2.- L'indexation de l'impôt sur le revenu diminuera d'environ \$850 millions les quelque \$14 milliard payés par environ neuf millions de contribuables.

L'exemption de base pour l'impôt sur le revenu personnel passe à \$2,430. (augmentation de \$160).

\$160 ? - Cela veut dire \$2.21 de plus par semaine dans la poche du contribuable marié - (avec deux enfants) - et un revenu annuel de \$12,000 ou de \$1.52 pour le contribuable célibataire ayant le même revenu.

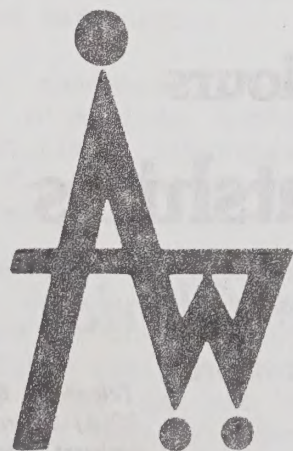
L'IMPOT FEDERAL DE 1978 DIMINUE D'UN MAXIMUM DE \$100 SUR LES REVENUS JUSQU'A \$20,000 PAR ANNEE.

Cela veut dire une économie moyenne de \$1.92 pour la plupart des contribuables (moins de \$1 pour un contribuable de 3 dépendants au salaire hebdomadaire de \$385).

- 3.- Les allocations familiales augmentent de \$1.79, passant à \$25.68 pour la majorité de 3.6 millions de familles qui comptent 7.2 millions d'enfants de moins de 18 ans. (Quelle générosité...!)
- 4.- La PENSION DE VIEILLESSE passe de \$150.43 à \$153.44 (augmentation qui n'excède même pas le prix d'un pot de café pour nos vieux).
- 5.- Pour ce qui est de L'ASSURANCE-CHOMAGE, elle s'établit au maximum de \$160 par semaine pour une personne perdant un emploi qui lui rapportait au moins \$240.

- (en 1977, une personne pouvait recevoir un maximum de \$147 si elle gagnait \$220 ou davantage par semaine).

Cependant, les cotisations des employés et des employeurs augmentent.



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Voilà ce que réserve OTTAWA, en 1978, aux payeurs de taxes à petits revenus. Mais, jetons un coup d'oeil ailleurs:

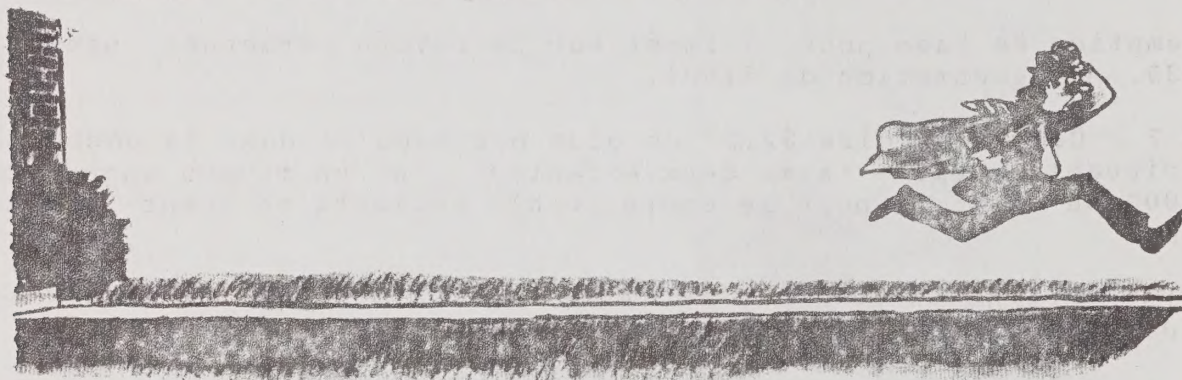
Nos chers députés se sont votés une petite augmentation de salaire pour 1978. Une augmentation de \$2,100 (seulement).

Leur salaire annuel se chiffre maintenant à \$33,900 dont \$6,800 non imposables. Si l'on tient compte des montants qu'ils peuvent recevoir en siégeant sur différents comités d'étude ou autres excuses similaires (toutes dépenses payées), ces messieurs retirent en moyenne \$1,000 par semaine ET ILS NE SONT QUE DEPUTES. Que penser des MINISTRES ?

Ce sont ces honorables législateurs qui manipulent les budgets en votant des diminutions de taxes à coup de \$0.50 et des hausses d'allocation à coup de "cennes" par semaine.

Et nous, bienheureux pensionnaires de l'Etat, que penser du salaire astronomique que nous recevons ? Une moyenne se chiffant par environ TREIZE DOLLARS par mois ...

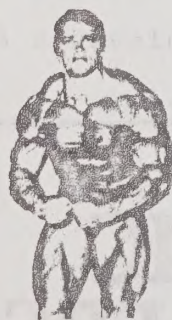
ET PIS APRES ... on fait partie du système ... NON ?



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Law Union Proposal On Civil Liberties

by: The Law Union

Recent revelations of systematic illegal activity by the R.C.M.P. and other security forces have caused the Law Union grave concern that fundamental rights and freedoms in Canada have been dangerously eroded.

Criminal acts such as burglary and arson, invasions of privacy, including illegal wiretaps, bugging, the use of confidential medical and tax records, the reading of private mail, and political sabotage, have been condoned and shrugged off on the grounds of "national security". The rationale that only those with something to hide will insist on their right to privacy and civil liberty has been advanced seriously by government officials- even the Prime Minister. The perpetrators of these government illegalities have gone unpunished. Even those brought to trial for the APLQ break-in were given absolute discharge and praised by the judge. Investigation of illegal government activities has been hampered and delayed again on the grounds of "national security". The McDonald Commission investigation is being used as an excuse by the government not to answer for its activities. The efforts by the Government of the Province of Quebec, and also Alberta, to investigate illegal government activities have been deliberately obstructed by government lawyers.

Equally disturbing is the apathy and lack of concern by the public, who are being told that any breach of the law or invasion of privacy is acceptable if carried out by the R.C.M.P. in the interest of "national security". The Law Union as an association of lawyers and legal workers committed to social justice and human rights for all, believes it has a responsibility to assist in arousing public concern, to develop a deeper understanding why this civil liberties crisis exists in Canada today, and in order to find out and propose solutions and safeguards.

As an essential first step, it is necessary to explode certain prevalent myths about civil liberties in Canada, the R.C.M.P. and the nature of the present crisis.

It is widely proclaimed, for example, that Canada has a long and honorable record for the protection of democratic rights against arbitrary state authority. This is not the case. A close study of twentieth century history

the Winnipeg General Strike of 1919, the Criminal Code provisions against subversion abandoned only in the 1950's, Quebec's "Padlock Laws", and the history of our Immigration Statutes, reveal a pattern of illegal arrests, raids on dissenting newspapers. Systematic harassment of legitimate dissenters and legal political parties, including the N.D.P., prominent unions and student groups are regularly justified in the name of "national security". Not until the calm and relative prosperity of the 1950's were the worst of these abuses contained or repealed, or so we thought, only to learn differently from the current revelations.

Today we are told by the Prime Minister that Canadians enjoy greater freedom than any other nation in the world- and many Canadians believe him. And yet Canadians have no effective protection against illegal arrests, or illegal search and seizure (because illegally obtained evidence is admissible to convict them). In October 1970 hundreds of innocent people were arrested without charges, without warrant and detained incommunicado under the dictatorial powers of the War Measures Act. In the past year, the police powers to wiretap have been extended by legislation. The right to trial by jury has been further restricted. And a new Immigration Act has given the government the right to deport people, denying them the right to be heard. The Official Secrets Act, and the War Measures Act, give the government extraordinary powers to do virtually anything without being required to justify their actions.

In this context to believe that the recent revelations and their incredible justification represent mere isolated acts by "bad politicians" is dangerously naive. The struggle for democratic rights in Canada was never really won, and these rights require our continuing efforts in struggle. As economic conditions worsen, and disparities between groups and regions widen, civil rights- the government will tell us- become too expensive. The right of workers to demand collect better working conditions and to refuse to work until those conditions are improved is presently under attack. The right to strike is being called "too costly" or "inconvenient to the public". The right to a trial by jury, already restricted, is under attack as "too expensive" or as a source of "delay". The police, endowed with

powers and virtual immunity from prosecution, are granted greater powers, and seek still more. Legitimate political dissent in opposition to illegal government activity is now being denounced as "a distraction from the important issues of the day".

As the contradictions between those with economic and political power and those without become sharper, more rights will be lost, more groups will be deemed to "threaten national security". Women seeking equal pay, native people seeking economic and social justice, the people of Quebec exercising their right to self determination, immigrants fighting for equal rights and opportunities, and people searching for an alternative political order may all be denied the right to enjoy "the greatest freedom of any nation in the world".

All of this and more is going unchecked in Canada today. Immediate action must be taken. The Law Union is anxious that community and left wing groups become active in opposition to the government activities, and seeks to assist any of them by supplying the appropriate legal research.

Our tentative position is summarized in the following demands which we feel should be pressed at once:

1. Repudiate and end all programmes of sabotage of political groups;
2. Repudiate and end all surveillance of individuals not presently authorized by the provisions of the Criminal Code, that is surveillance of persons planning criminal activity;
3. Immediate enactment of a tough Freedom of Information Act;
4. Immediate enactment of legislation to give Canadians access to all secret files being compiled about them, and organizations they belong to. To be effective, this act must give the right to challenge, correct and destroy and such file if its contents or existence cannot be justified;
5. The immediate criminal prosecution of all illegal acts committed by the R.C.M.P., security forces, civil servants or agents of the government with meaningful deterrent sentences;
6. Effective implementation of the doctrine of ministerial responsibility, and the resignation of any minister found by Parliament to have been negligent or actually complicit in the direction of activities in his or her department that have exceeded the law.

SEMAN-TICS

I wish I had a poet not
myself to teach me The
Delicate Semantics of Love
My nuances, my dictionary terms

are all wrong Perhaps it is because
I use an old dictionary
with the "a's" gone
and because I frantically thumb pages
looking for lost meanings

Now I know how Eliza felt
when she screamed words
words at Proffessor Higgins
& threw slippers at the
damn pedant (not the
poet & I have come to

hate Roget:
that pervert of nouns
who kept his secrets locked away
in mean pages and compartmentalized
forbidden feelings into

English words and phrases:
And in view of words
and their betrayal, their
uncertainties & scrutinies
I will go into the garden
and dig bulbs
with bare hands



LORRAINE
VERNON

What, Why, Who is a Criminal

These are the most unanswered questions since the apple was eaten in the Garden of Eden. They will remain this way until the Students of Criminology, and self made experts in this vast field, realize that all criminals are not derived from the same mold.*

When the realization of this basic and important fact does materialize, they must also realize that different types of criminals require different forms of "rehabilitation". If, a break through is to be achieved the present procedure, of treating one and all for the same sickness, the identical way must end. Certainly a medical doctor doesn't treat all patients under the same formula. He must treat each individual according to their brand of sickness.*,*?

Murder; there are differences of degree within the broad lives described by the term, murder is the taking of a human life but even in this there are divergences there is an important difference between the professional assassin; the man who commits murder while involved in the commission of another crime, armed robbery, theft, etc, and the person who kills while in the grip of passion, anger or while being confronted by emotional stresses that they are incapable of controlling or even comprehending. The majority of crimes of murder are in this last category. Nearly all of these offenders will serve but one sentence in prison and will be released never to commit another offence. The people of today must be informed of the different types and conditions of offenders. "It is a fact" that over 90 per cent of convicted murders that are returned to society never commit another offence, and in fact are the best "parole risks".*,*?

Nuisance Criminal; this category is the catch-all for the minor criminal, and includes a vast range; car theft (joy-rider), break and enter, theft, shoplifters, bootleggers, purse snatchers, forger, bookie and many others too numerous to mention. These are the criminals who continually return to prison, for the same offence..... and always stay on the fringes of the real life of crime. For example - a man receives two years for a \$200.00 theft. Upon release he is again sentenced to prison for stealing a purse. This man has become a criminal in the eyes of society. I certainly do not think he is, DO YOU?*

My dictionary, and it is a good one, states that a criminal is a person who is "guilty or convicted of a crime". Then a few people who walk the streets today are also criminals. Have you recently been found by law guilty of an offence under the Highway Traffic Act or the Liquor Act? Then you must be a criminal.**.

Professional Criminal; contrary to the age-old belief, criminals are made not born. Starting as a first timer, the criminal advances through the various stages of crime to reach the top. While he is convicted the first time in court, this does not mean it is his first attempt at crime. It signifies his first trip to prison.*.

Advancing from a term of car-theft, we find that the next term might be for break and enter. Still progressing in the school of crime, the next step could be safe-cracking. And then armed robbery. After several trips to the penitentiary the criminal has at least decided which type of crime that is made to order for him. The branch that pays most and offers the least chances of arrest.*.

The criminal has now attained the stage of professional with a complete understanding of the underworld, connections and the finances to operate. This now enables him to sit behind the active scene, while supplying plans and money for operations against society, as he builds a small empire of his own. And at times he will even lead the gang personally. Many criminals may become professional as the man behind, who can organize and direct other professionals.*.

These consists of the white collar class?.....*

by Frank Belliveau

Absences Temporaires

gorlo

"Seulement cinq des 676 détenus qui ont bénéficié d'un congé a la Noël ne sont pas retournés, de leur plein gré, dans leur établissement pénal."

Cette phrase a fait les manchettes de plusieurs journaux canadiens récemment, mais on a omis de dire que la population actuelle des pénitenciers canadiens se chiffre aux environs de NEUF MILLE (9,000).

Selon le Service canadien des pénitenciers le programme des absences temporaires a connu, en 1977, un TAUX DE SUCCES de 99 pour cent.

Ces absences, d'une durée d'un, deux ou trois jours sont accordées pour des raisons médicales, humanitaires ou pour faciliter la "réhabilitation" des détenus. Doit-on conclure que 8,000 détenus, ou plus, sont en parfaite santé ? Qu'aucune raisons humanitaires ne s'appliquent dans leur cas ? Qu'ils ne sont pas éligibles à la réhabilitation ? Pfui !

Et le public accepte ces communiqués de presse. De plus on s'époumone à vanter les mérites et largesses d'esprit du système actuel des pénitenciers.

Devant des taux de réussite aussi élevés qu'éloquents (a peu près le même taux en 1976), il serait "humanement" logique et possible d'ouvrir la machine et accorder un plus grand nombre d'absences temporaires à ces bandits qui ont commis l'imprudence d'avoir en leur possession un petit stock de "foin qui fait rire"; à ces bandits qui ont dévalisé un bijoutier capitaliste d'un stock qui brille et valant au détail la fabuleuse somme de \$500 (\$60 au prix du grossiste); à ces bandits qui ont exagérément retenu le souffle d'une épouse infidèle; à ces bandits qui ont déjà bénéficié d'une libération conditionnelle, mais qui ont dû être incarcéré à nouveau ayant oublié de signaler un changement d'adresse; à tous ces dangereux bandits dont l'âge dépasse à peine les 18 ans, et combien d'autres.

Mais, NON, on ne peut agir de la sorte. Pensez-y donc! La société doit être protégée ...

Et que penser de toutes les personnes chargées de la surveillance à temps régulier, temps et demi ou temps double (surtout durant la période des Fêtes) qui se retrouveraient presque seules à l'intérieur de nos belles prisons ? Impensable.

A part cela, il serait illogique de présenter un état financier démontrant une baisse du coût actuel pour la garde d'un détenu. Est-ce \$17,000 ou \$35,000 annuellement, per capita ? Qui sait ? Et qui s'en fait ? Tout le monde sait pourtant que leurs impôts, leurs taxes et quoi encore sont toujours à la disposition du gouvernement pour défrayer ces belles dépenses légitimes.

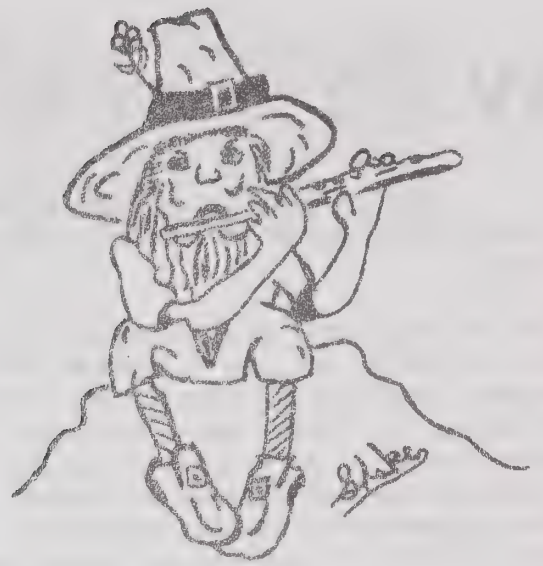
BRAVO! bonnes gens. Il est assuré que vous ne connaîtrez JAMAIS ce qu'est la prison. A moins que sait-on jamais, peut-être un jour aurez-vous faim ? Peut-être un jour aurez-vous l'idée de signer le nom de l'époux de votre maitresse enceinte, dans le registre d'admission d'un hôpital, dans le but de la faire avorter ... ? Peut-être, aussi, un de vos fils (si vous n'êtes pas trop riches) se verra-t-il condamné à l'entreposage pour quelques années ?

Alors, et alors seulement, pourrions-nous parler HUMANISATION.



A PIXY TALE

SHAKIE VERNER



Once upon a midnight clear an Incarcerated Imp decided to form a club. Such a club it would be that only the chosen few would be eligible to become members. An arcane group dealing with certain unusual pleasures of life.

The very next morn the Incarcerated Imp began campaigning for members. Knowing exactly who was best qualified for the group, he approached each individual and soon his fantasy became a reality. Alas, now he had some pleasure in life!

Being founder of the club he appointed himself as Chief-of-staff and Chief-of Security. His pupils thought nothing of this and with precious pride they carried out his commands, never questioning him, nor never doubting his word.

By now word of the Imp's group had spread throughout the entire kingdom. Curiosity had overtaken many neighbouring serfs and many inquired as to the goals and ideals of the arcane Imps. This was to no avail for the Incarcerated Imp had forbid anyone to speak of their group.

Weeks passed and oh how the Imps were joyous, secretly spying, plotting, and conspiring amongst the Serfs. But as always with sudden success comes sudden ruin and so such befell the Imps.

The downfall began when the Mighty Lords queried about the arcane actions of the Pixy Imps. The Lords raided and searched the Incarcerated Imp's castle and were astonished when they found the catalogue of files and manuscripts that lay within. Quickly they captured the Incarcerated Imp and rushed him off to the dark, dingy cells of the bucolic dungeon.

The Incarcerated Imp was saddened and misery overtook him. His kingdom had tumbled and now he would feel the wrath of vengeance. "Oh woe is me, oh woe is me. What shall become of me, what shall become of me?" he cried as he sat in the ever-darkening gloom of defeat.

Meanwhile back in the village the Serfs were exposing the goals and ideals of the Pixy Imp Club. Rumors began circulating to the four corners of the village; a "Death List" had been found amongst the files upon which the names of certain Serfs had been marked with the mark of death. One rumor held that the Pixy Imps had plans of converting immigrant villagers into pixy imps and thus being able to rule their lives. Imagine - slavery amongst imps, ungodly!

The Lords were furious with the Pixy Imps. Martial law was set down, all the members of the arcane band were to be captured. One by one the Imps were captured, questioned, and locked in the dungeon until the Boss Lord assigned punishment.

Now these Pixy Imps were the kingdom's minority and had no one to plead their case. The Serfs had certainly disowned them and felt no sorrow for them. The Lords would not stand for such an uprising of imps and were certainly going to punish them. Oh how the Imps were saddened. Their lives had become nothing less than an empyean pool of misery and chaos.

In later days the Serfs would refer to this period as "The Rise and Fall of the Pink Pixy Imp Federation". The older Serfs would classify this period as "The Day the Closets Flew Open". As for the Lords, well, they were pleased to have their kingdom back under their control and forever they would have their men in the towers watching for bands of imps.

And so it was with the pixy imps.

WHY?? BY: Frank Belliveau

At this time an extremely large and constantly growing number of young people particularly young Canadians, are asking the older generation the following questions:

"If you may have your alcoholic beverages, which contribute to thousands of deaths and injuries on the highways each year, are a factor in over 50 per cent of all crimes committed in Canada and have been proven physically and psychologically addictive; if, Older Generation, you may use pep pills to get up in the morning and sleeping pills at night; if you may smoke your tobacco, which, besides being physically and psychologically addictive, is most harmful to the health and is responsible for a great many deaths from lung cancer and other ailments; if, Older Generation, you continue to pollute our once beautiful lakes and rivers and turn them into sewer and cesspools with your waste; if you insist on using DDT and other pesticides, which poison our wildlife, the food on our tables and, yes, even make mother's milk unfit for human consumption; if, Older Generation, immoral, brutal and assinine wars, which murder our brothers and widow our sisters in the name of humanity and democracy; if you can have your nuclear toys, which now endanger the very life of our planet and have made most of us mutants in some subtle way; if you may spill your crude oil on the high seas, which ruins our beaches and kills our marine life; if, Older Generation, you may poison our air with your auto exhausts and factory smoke; if, through your lifestyle, you can make yourselves neurotic, psychotic and worn out by the age of 45; if, Older Generation, you may rob Mother Earth of her natural treasures and resources and insist on covering as much green land space as possible with asphalt and concrete; if you can sit idly by while over one million Canadian children suffer educational deficits that could be helped or corrected with just a few of the dollars you spend each year for your highways, automobiles, airplanes and other toys; if, Older Generation, you can make the quality of life as poor as it is today and walk blindly into the future unmindful of your past mistakes and misery; then, Older Generation, why can't the youth sit quietly back in the corner, bothering no one, and smoke pot?"



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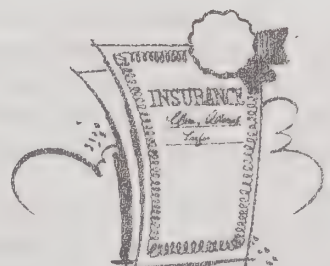
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(Deep Relaxation)

Lie in *savasana*. During this practice it is important to stay alert. Give yourselves twenty minutes to complete the entire practice. We will now tense and relax each part of the body.

Bring the awareness to the right leg, stretch it out, curl the toes under, tighten the leg, inhale, raise the leg up off the floor, make it tighter, release and drop it to the floor.

Now bring the awareness to the left leg, stretch it out, curl the toes under, tighten the leg, inhale, raise the leg up off the floor, make it tighter, release and drop it to the floor.

Roll the legs from side to side and let them go.

Bring your attention to your right arm. Stretch out the fingers, form a fist, inhale, raise up arm, tighten it, release the arm and let it drop to the floor.

Now bring your attention to the left arm. Stretch out the fingers, form a fist, inhale, raise up arm, tighten it, release the arm and let it drop to the floor.

Roll the arms gently from side to side. Relax.

Bring the awareness to the buttocks. Squeeze the anal muscles together, inhale, hold them tightly, release.

Inhale through the nose, bring the air into the abdomen, puffing it out like a balloon. Open the mouth, exhale through the mouth, release.

Inhale through the nose, bring the air up into the chest, expanding the chest, hold, open mouth, exhale through the mouth, release.

Leave arms on the floor, inhale, squeeze shoulders together as if to meet each other, hold, tense, release.

Roll the head from side to side bringing the head back to center gently.

Now to stretch the facial muscles. Open eyes, look up and back, stick tongue out toward the chin, stretch every muscle in the face as much as possible, release.

Now squish the face up into a ball, all muscles meeting under the nose. Release.

Try not to move the body at all now. We will now give the body a mental check, mentally releasing any tension in the body.

Bring the awareness to the toes, the soles of the feet, the tops of the feet, ankles, calves, shins, knees, backs of knees, mentally relaxing each in turn. Now relax the tops of the thighs, the backs of the thighs, hands, fingers, palms, wrists, forearms, elbows, insides of elbows, tops of arms, shoulders.

Bring the awareness to the buttocks and pelvic area, letting go of any remaining tension. Relax the internal

organs, chest, collarbones and throat.

Bring the awareness to the small of the back. Concentrate on this area. Mentally release tension in the spine, working up the spine, vertebra by vertebra.

Relax the lower back, the middle back, the shoulder blades, the shoulders, the back of the neck, the ears.

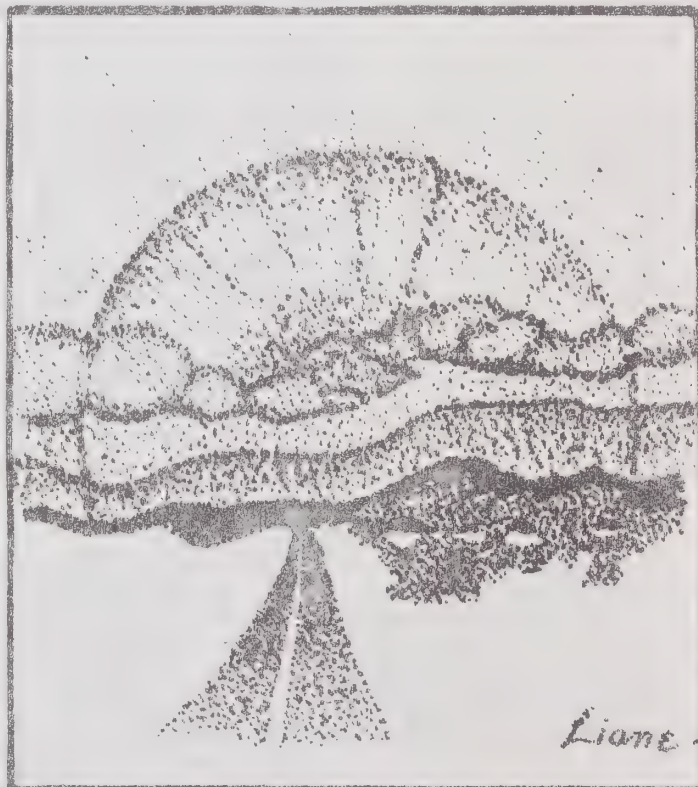
Relax the cheeks, jaw, tongue, lips, nose, eyes, eyelids, eyebrows, forehead, top of the head and back of the head.

Observe the body totally relaxed. Feel the body getting lighter.

Bring the awareness now to the breath. Observe the flow of the breath without controlling it. Notice the continuity of the breath as it flows in and out. As the body becomes more relaxed, the breath will become slower.

Bring the awareness to the mind. Witness the thoughts. Watch them as they come and go. Do not try to hold on to the thoughts. Remain the silent witness. Watch the thoughts as they slip away. Feel the peace of an empty mind. Surrender to the feeling of serenity that is permeating every part of you. Relax completely in this stillness for about ten minutes.

Return the awareness to the breath. Allow the breath to awaken and revitalize the body. As you inhale, feel energy pouring into the body. As you exhale, feel any tiredness leaving. Slowly wiggle the toes, roll the legs from side to side and gently stretch out the body. Sit up slowly, taking with you for the rest of the day the peace and vitality that you are now experiencing.



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PRANAYAM

(Breathing)

One of the manifestations of *pran*, or life force, in the human body is breathing. By working with your breath you are able to tune in to the larger energies of the universe. Furthermore, there is an intimate relationship between thought and breath. When you calm your breath, there is simultaneous calming of the mind. When you succeed either in stopping the breath altogether or in stopping all thought, then you are in a state of *samadhi* or super-consciousness. The two are so intimately related that to stop one is to stop the other also.

Pranayam is the control of vital force or energy or *pran* through a series of disciplined breathing exercises. The actual stopping of the breath is only possible for advanced yogis who have done much *sadhana*. However, there are some beginning exercises which are almost immediately effective in calming you down. In addition, these exercises are preparatory to the more advanced breathing retention exercises by which the *kundalini* is aroused (energy moving up the spinal column to the head). For the advanced exercises, supervision is important.

In addition to bringing about a calmness and a sense of peacefulness throughout the day, these exercises also alter the constitution of the blood through oxygen exchange, and lead to more shallow breathing throughout the day! You will notice that advanced yogis all have very gentle breath and never get "out of breath."

These breathing exercises can be done anywhere from one to four times in twenty-four hours, depending upon the intensity of your *sadhana*. They must be done on an empty stomach (at least three hours after taking food and one hour after taking liquid). Most people will find that doing *pranayam* as part of the early morning purification is ideal. A second suitable time is at sunset before the evening meal.

While it is good to learn deep breathing, these particular exercises limit breath to the thoracic cavity rather than the abdominal cavity. During the remainder of the day you should be using deep breathing, that is, breathing which involves the lower abdominal cavity as well as the upper thoracic cavity.

1. Sit upright. If you can sit in the lotus position do so. On the other hand you can sit in a chair as long as you keep your head, neck, and chest in a straight line.

2. Close the *muhibandh*. This means to pull in and up on the anal sphincter and genitals. At first you will find this very difficult to maintain. With a little practice, however, it will become easy to retain this closed position during the entire set of exercises. If you wish you can make a small ball of cloth about the size of a golf ball and sit on it so that it presses up on a spot midway between the anus and the genitals. This will help.

3. Pull in slightly on the *udyanabandh*. That is, pull in your gut . . . slightly contract your abdominal muscles. Keep them that way throughout these exercises. Do not raise your shoulders or tighten your body when doing these exercises.

Exercise 1: DEERGA SWASAM (Complete Breath)

Exhale slowly through the nose. Inhale slowly. As you inhale, expand first the abdomen, then the chest. As you continue to inhale, feel the collarbones raise slightly. You will feel a slight contraction of the abdominal muscles when the lungs are full to capacity. Then exhale slowly. First drop the collarbones, then contract the chest and finally, contract the abdomen. Do this rhythmically, one section flowing into the next. The breath should be one continuous flow. Breathe in this manner for a minute or so, slowly and steadily. This breath fills the lungs to capacity and empties them completely. This method calms the mind and helps to purify the lungs.



Exercise 2: BHASTRIKA (Bellows)

This breathing involves a rhythmic shallow breathing through the nose only. There is no pause between inhalation and exhalation. You start slowly in order to keep the in-breath and out-breath of equal intensity and duration. Once you have equated them, then you can increase the rate and intensity. Ultimately the breath is short and staccato in nature with a definite feeling of impact at the points between the in-breath and the out-breath and in-breath.

During this exercise focus on the inside of the tip of the nose at the point where the air hits the nasal passage during exhalation.

Do this exercise for about thirty seconds. Stop. Rest. Then do it again for about thirty seconds. Later, if you wish, you can increase the number of these thirty second units to three or four at a sitting.

If you are doing it properly, at the end of two to four weeks you will notice that at the end of this exercise you smell a new and pleasantly sweet smell at the tip of your nose at the completion of this exercise.

Exercise 3: NADI SODHAN (Nerve Cleansing)

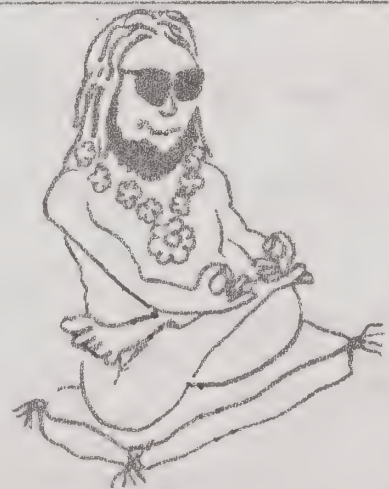
Place the right hand so that the third finger is resting between the eyebrows, the thumb is by the right nostril, and the fourth finger is by the left nostril. Close the right nostril with the thumb and inhale slowly and evenly through the left nostril (about 4 seconds). Then hold the nose by closing both nostrils for about 2 seconds. Then remove the thumb and exhale slowly and evenly through the right nostril (about 8 seconds). Then after a second or two, inhale through the right nostril (4 seconds), hold (2 seconds) and exhale through the left nostril (8 seconds). In other words, you change nostrils before each exhalation.

As you take in the breath through your left nostril, imagine a charge of energy going down the *ida* (a nerve on the left side of your spine). As you then hold the breath for the two seconds, imagine that charge of energy crossing from the left to the right side at the base of your spine. Then as you exhale through the right nostril, imagine that charge of energy coming up the *pingala* (a nerve on the right side of the spine). As your total purification program proceeds, these imaginings will be replaced by actual sensations in your spinal column.

Start with five of this exercise on the first day and increase to fifty a day and continue at that rate.

If you experience hiccoughs or pain from doing these exercises, stop at once and concentrate on other forms of yoga for a year or two before attempting *pranayam* again.

Any time you get frightened about your situation, there's a beautiful mantra—"The power of God is within me. The Grace of God surrounds me." You have to experience the power just like it's a solid steel cord that goes right down from above you through the top of your head down to the base of your being. Then the grace surrounds you like a field.



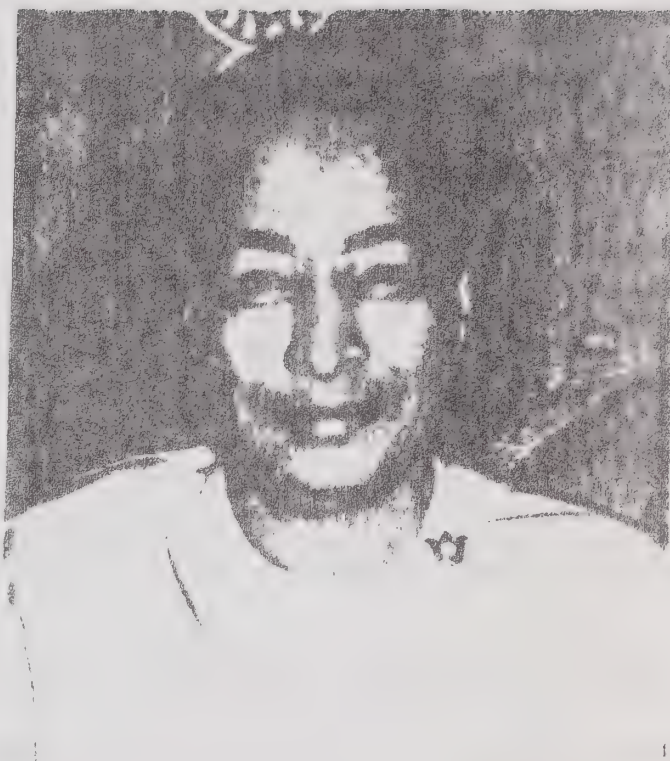


ATTAINING FREEDOM

Why tie the infinite soul to a bony post of flesh? Let go! Cut the cords of flesh consciousness, attachments to the body, hunger, pleasure, pain, and bodily and mental involvements. Relax. Loosen the soul from the grip of the body. Let not the heaving breath remind you of physical bars. Sit still in breathless silence, expecting every minute to make the dash for freedom into the Infinite. Love not your earthly prison.

Free mind from body with a keen-edged knife of stillness. Cut loose your consciousness from the body. Use it no more as an excuse to accept limitations. Turn away your consciousness from the binding body-post. Rush your consciousness beyond the body, sweeping through the minds, hearts, and souls of others. Switch on your light in all lives. Feel that you are the One Life that shines in all creation.

—Yogananda



Paramahansa Yogananda, author of *Autobiography of a Yogi*



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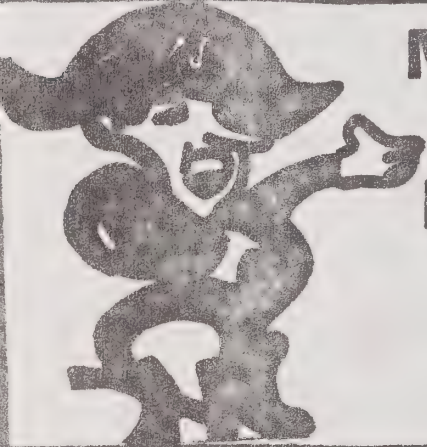
'WHERE YOUR SATISFACTION IS GUARANTEED'

As a guide to meditation, the following article has been drawn from the Sufi book "Toward The One" especially, and from my experiences in meditation. This only is an example, but the experience is common.

It is important to set aside definite times for meditation everyday, say one session in the morning and one in the evening. Keep to those hours as best you can, so the body will get into a habit. At least a couple of hours after eating is required for peace and quiet internally. For external quiet, after lock-up and in the hours before breakfast the prison is very still. If you don't have the discipline to awaken early and to stay up late, you probably don't have the discipline to get into meditation. However, if you feel that you can do your thing before dinner and supper, more power to you.

A good practice is to prepare for meditation by doing some yoga asanas. If you find it difficult to sit in the Lotus, make sure that your asanas include some to loosen to appropriate areas. Some find it helpful to place a pillow under their rear end,,taking strain off the spine and ankles.

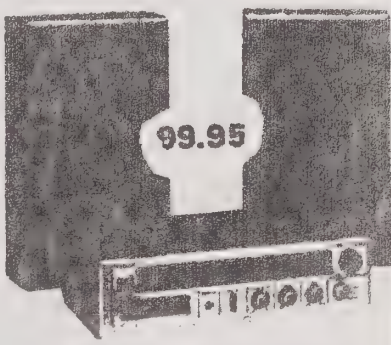
In the early stages, it will be difficult to still the conversations and the thoughts in your head. Concentrate on your breathing, and don't get uptight at your self for these thoughts. Smiling is always a good way to break with a thought which



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seems to "haunt" you. Gradually withdraw your consciousness from the world outside or the world of your sensations. Don't listen to the clatter of the ranges, that constant natter of radios. Listen to your heart, your lungs. This disturbance is drawn to your consciousness as a magnet draws metal objects. Your consciousness is a magnet, alright, but it can be tuned to those things which you wish. When you are very quiet inside, the time has come to float up another level.

Sense the buoyancy of your consciousness as it pulls free of those sensations and attractions known as "maya", or illusion. This is when the first discovery of self is happening, as you assume a balance within your I-ness, not into the physical world. You can free yourself be thinking: "I don't want to be pulled at by these strings - impressions - I want to be free - I WANT TO BE FREE!!!

You are conscious of your stillness, timelessness. As you let the grip of the physical world slip away like the lines on a balloon, let the ties of the mind now slip away, images pass before your mind's eye, higher and higher, your breath blowing hot air into the balloon and making it rise. From this height, the world is a dream, the stars, old mother earth, all the busy goings-on are but a dream, and you are the dreamer.

Experience the rain falling, you are but a drop-drip, rushing down a stream through the moist earth, rising, ever so slowly as sap in a giant tree, carrying the life to the limbs, the leaves, green. Exhaled as oxygen, with your brothers, mother fathers lovers all drifting into the nostril of some forest beast pumping through his blood bringing life, burned out as a leap, falling to forest floor as a drop of sweat and on and on and on and on

Each level of consciousness passes out of focus to give way to the next, each is linked by the thread of memory - evolution - rising from some primeval pool thru a zillion incarnations, as a race of men, as an individual spark.

Destiny becomes clear as a bell. Yearning is the true emotion of this life, becoming is the nature of this existence.

Anxiety: the art of neurotic disorder

by SHAKIE VERNER

A common problem that accompanies incarceration is anxiety, or as Webster's Seventh defines it, "a painful or apprehensive uneasiness of mind". Although I am sure that Doctors Ryan, Garry, Cyr, or Gaudet, of the psychology department can give a far better opinion on the methods of relieving anxiety I shall give my opinion on some of the methods based on my experience with the use of them.

Being a veteran of anxiety control methods I found that the "Relaxation Techniques" are one of the finest and most common aids, but only if they are put to use before anxiety has time to strengthen and take over the body.

The Relaxation Techniques are rather simple in form. Consisting of a series of dynamic tension exercises that are intended to relax the muscular tension of all the major muscles of the human body. I found that used alone they would become very boring and that soon you would lose interest in performing them. Therefore I had to compose my own variation of the Techniques, so as I could still obtain full benefit from them.

The Techniques are usually performed before sleep and at certain high anxiety points of the day. They take approximately twenty minutes and involve tensing and relaxing the hands, arms, facial muscles, neck, shoulders, chest, stomach, thighs, and upper and lower back.

The Techniques are commonly used in the institution and on the street. I will not explain in great detail the actual exercises as a copy of the techniques are available to inmates by simply asking one of the various psychology staff and the free people can easily find the exercises in any book store.

The number of anxiety management methods available are far too great to even list in one article. The ones I have had experience with are the Relaxation Techniques and EMG Biofeedback Therapy.

EMG Biofeedback Therapy is a training process that allows a person to actually hear or see the muscular tension and bodily functions and eventually control them. The subject hears or sees the tension via the use of feedback machines. Muscular tension generates a small amount of electricity and by the use of highly sensitive equipment this electricity can be seen via a graph or heard via a speaker.

Through research it has been found that EMG Biofeedback Therapy is the best in the treatment of anxiety. An average EMG session consists of the subject having three electrodes attached to his or her forehead. Why the forehead? Well it has been discovered that when a subject relaxes the forehead muscles he will generally relax the whole upper torso. The electrodes transmit any tension through the feedback machine and the higher the tension the higher the reading and vice versa also. The object of the subject is to use his mind to lower the tension readings by relaxing his body and thought patterns.

In my own sessions I found that I looked upon the therapy as a game. I knew that by sheer relaxation I could stop the sound from the machine and I took great pride in being able to do so. After each session I felt totally at ease and well relaxed.

EMG Biofeedback Therapy, I would say, is a short cut to the art of meditation. It is a well known fact that meditation relaxes the body and mind and I found that EMG did so in much the same way. Biofeedback used along with the Relaxation Technique can be a most rewarding experience both mentally and physically.

Anxiety and muscular tension go hand in hand and by dealing with tension we are dealing with anxiety. Sub-consciously we continuously tense many small muscles; forehead, neck, calves, jaw, lower back, etc.. By the use of proper therapy we can learn to sub-consciously relax these muscles and thus relieve some of the tension we all feel. Anxiety is an everyday problem and being an everyday problem should be dealt with everyday just as we deal with traffic problems or crowded supermarkets.

From my own experience I discovered that having a neurotic disorder; that is, anxiety, can cause a person to actually believe they are insane. We all experience anxiety at some points in our lives; especially those of us who are imprisoned.

Inmates who experience anxiety usually experience what psychologists refer to as "free-floating anxiety", which is in short - general feeling of apprehension that is not attached to any specific type of activity. An example of this is the guy who can be heard saying, "That man bothers me, but I don't know why."

This inmate may also find himself doubting his sanity and may even find himself with an identity crisis, what should he do?

He should learn to relax, give his body a rest and find a way to release some of his tension. He may also be the type who sits in his cell and hardly ever exercises. It is important that he finds a way of releasing his excess energy or soon he will find that he is sleeping less and thinking more. He must also watch his diet, trying to avoid too many stimulants such as coffee, sugar, salt, and tobacco.

In trying to relax you must be careful that you do not try too hard. It is common to find that if you concentrate on relaxing you will sub-consciously do the opposite.

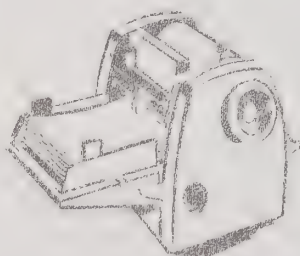
In conclusion, it is known that relaxation can overcome anxiety and that anxiety is not a permanent disorder if in fact the subject realizes his problem and works a system into his life that enables him to relax, give his mind and body a well deserved rest, and thus reducing his anxiety and muscular tension levels.

Gestetner

Sales and Service

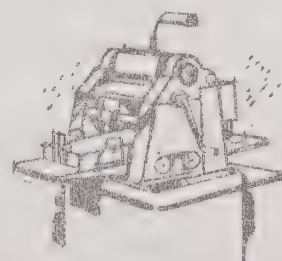
SUPPLIERS OF FINE
DUPLICATING AND
OFFSET EQUIPMENT

COMPLETE RANGE
OF COLOURS IN
STENCIL & OFFSET
DUPLICATING PAPER
AND COVER STOCK



—Coast to Coast—

Gestetner



Vacances

Annuelles

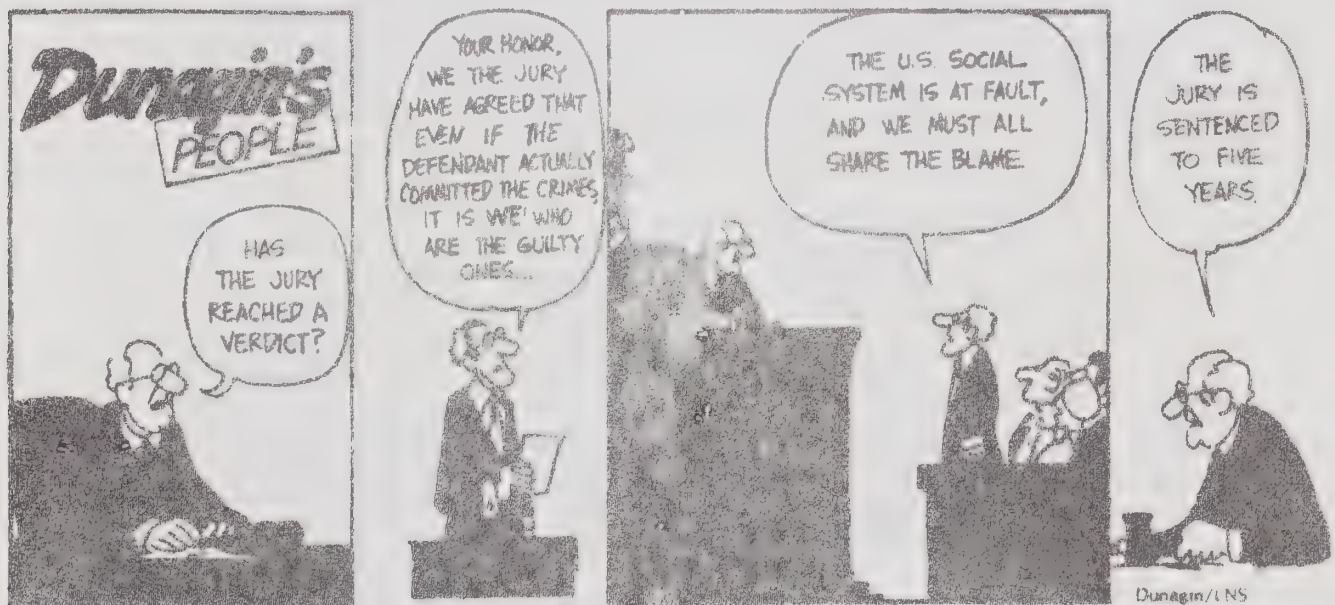
Saviez-vous que les détenus des pénitenciers autres que Dorchester et Springhill profitent de QUINZE JOURS DE VACANCES chaque année ?

Cette période de vacances annuelles se situe ordinairement du 15 au 30 juillet. La cour extérieure est alors ouverte du matin au soir, plusieurs repas sont servis à l'extérieur, de nombreuses activités sportives, sociales et culturelles sont à l'affiche durant cette période.

On vous dira peut-être qu'ici, à Springhill, les détenus obtiennent plus de congés temporaires en guise de compensation. Mais cette raison ne tient pas. Aux institutions Archambault et Dorchester, les congés temporaires sont presque inexistants. Dans les institutions à sécurité moyenne, telles Leclerc et Cowansville, les congés temporaires sont accordés avec autant de régularité (sinon plus) qu'à l'institution de Springhill.

Alors, POURQUOI les détenus de Springhill ne jouissent-ils pas de vacances annuelles comme les autres détenus au Canada ... ?

Réponse (peut-être) dans le prochain numéro.



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The King's White Horse

Beware, my friend, my name is King Heroin,
Known to all as the destroyer of men.
Where first I was born, no one knows,
But I come from the land where the poppy grows.

I'm a world of power, and you'll know it's true;
Use me once, and you'll know it, too.
I entered the country without a passport
Ever since then I've been hunted and sought,
By addicts and pushers and plainclothes dicks,
But most by junkies who want a quick fix.

My little white grains are nothing but waste,
I'm soft and deadly, so bitter to taste.
I'll make a schoolboy forget his books,
And make a world beauty forget her looks.
I'll cause a good husband to cast out his wife,
And send a greedy pusher to prison for life.

I'm King of Crime, the Prince of Corruption,
I'll capture your soul and cause your destruction.
Am I not a just King, a god to behold,
More treasured than diamonds, more precious than gold?

If you wish to hear more of the things I can do
Of the men I've delighted and the women I slew;
I'll make a man shabby that once dressed so nice,
And all who use me will go down in vice.
I'll control your mind and then your whole brain,
With a full course of torment, first pleasure, then pain.

Ah, the fuzz have taken you from under my wing,
They dare to defy me, I who am king.
Nights you will toss and turn and won't sleep,
You'll rise in the morning so humble and weak.
You'll be hot, then cold, and you'll vomit and cough,
After ten days of madness you might throw it off.

You'll curse my name, and down me in speech,
But you'd pick me up again if I were in reach.
And nights, when you lie awake planning your fate,
You know I'll be waiting just beyond the gate.

I gave you warning, you didn't take heed,
So put your feet in the stirrups and mount my steed.
Put your foot in the stirrup and ride me well,
For the white horse of heroin will ride you to hell.

- written by a prisoner at the
Walpole State Prison

Like Abby Hoffman on the lam, like the evening searching the day,
Like the Shepard soothing his ram, like the Farmer tending his hay,
I stroll along the River Rhine - I never loved your mind.

by S.V.

New T.L.A. System

by Shake Verner

The system strikes again - this time it's target was the T.L.A. system and so March the first is when the new system takes effect. Our present system has all passes processed by the institution director - no longer shall this be, for in March he doing five years or over must go through the National Parole Board in order to obtain a personal pass. For those of us doing under five years we are lucky for we still fall under the institution directors process - that is everyone doing under five years except those with outstanding charges or those who have been convicted of a notorious crime such as kidnapping. It seems as though the system always contains "exceptions". In this case I would say that this exception is more or less a safeguard for the system to fall upon when and if the need arises; or could it be another "Catch 22"?

T.L.A. eligibility dates are also affected by the new system. To determine your date you take half of your national full parole eligibility date or six months, which ever is the longest. If by chance you are doing a deuce this does not apply, as your date remains the same. Actually the only ones who do benefit from this new system is the person serving a three year sentence - they no longer have to wait seven months but only six instead.

If you are to fall under the National Parole Boards jurisdiction then you must wait three months between passes. This can pose problems, such as if you were to go out on a three day pass this month and then next month you appear in front of the Parole Board for a day parole and here you are told that you must find employment before you can be released then you will be unable to obtain a pass to look for a job until the three month waiting period is over. This type of problem could easily be solved by the usage of temporary day paroles for such important matters and it is very likely that they will be used. This does not apply to group or escorted passes.

It seems that this new system needs ironing out. One problem that is presently being worked on is group passes for Jaycees and other such organizations. It will take awhile to remove the snags and thorns in this new system but I am confident in time we will come to understand it.

This new system was brought about thanks to Bill C - 51. It appears that we traded the abolishment of the death penalty for this and other similar formalities. The old system fell under the watchful eye of the Commissioner's Directives but the new system falls under the N.P.B. Regulations; which by the way are considered confidential and are not to be seen by our eyes. The Directives however still have control over escorted passes.

I can assure you that the administration is as puzzled as we are over this new system. The only way to really understand how it works is to put it into effect and catch the flaws as they are born; until then we must simply say "Que sera, sera".

Ecology Action

Forrest Building
Dalhousie University
Halifax, Nova Scotia

Centre

The JUSUN is published
monthly by the Ecology
Action Centre.
Phone: (902) 422-4311

Born to a black and rather giant world
Big, bigger than me
It scares me

I am nothing
But a pebble of sand on a beach
and they reach beyond
the farthest horizons

Can't see enough, can't do or say enough
To satisfy this living hole
That devours endlessly anything and everything in it's path

So again this hole within grows
And starts to devour me
Like a tidal wave it surrounds me
And smothers me
Until death will comfort me

My energy is short circuited
but I have a small amount which remains
because of a belief or faith

which will bring me
Someday a peace or joy
That will fill this living hole
Deep within my soul

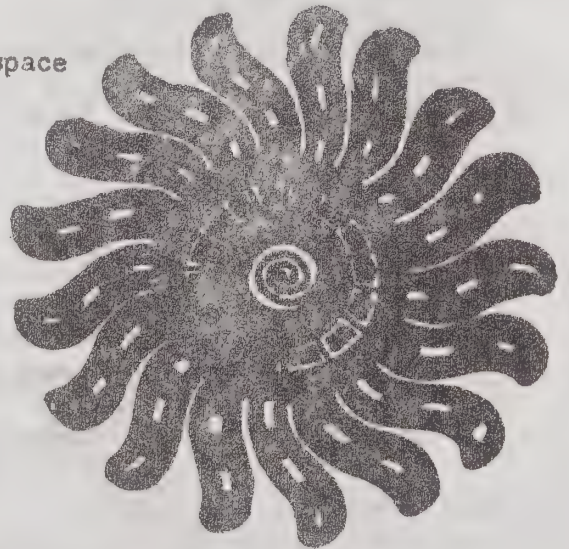
Like a man who has been thrown over a cliff
And by faith or belief that he will not die
has been caught onto a stub of a tree
on a ledge which he can rest
Then again regaining strength he makes his search once more

What I do today is important
But I lose
All I see is not important now
But later up ahead on this road
I see something or feel it
Beautiful and so graceful
That it is unspeakable

Seeking forever
Reaching for that peace
So I can rest
But I cannot have my spirit
Travelling to this place up ahead

So on and on
Into an unnorished and dreadful space
Travelling forever
Just existing
In my made reality.

BY MARK GIBBONS



The Carlton Centre

by S.Verner

In early March I had the pleasure of visiting the Carlton Community Correctional Centre on College Street in Halifax. While there, I interviewed Tom Frizzel, a member of the Resident Committee. From this interview I learned the basics of this halfway house. Following is what I learned.

The basic requirements asked of a proposed resident are that you are eligible for a day-parole; this is mandatory, and that you are not a violent person. Being a violent person does not necessarily mean you were convicted of a violent crime, but, also depends on your actions while you were in prison.

If you meet these requirements, then you make an indication to your classification officer that you wish to go to the Centre and he in turn will arrange an interview. From there it all depends on how your case appears to the workers of the Centre.

There is a broad spectrum of men at the Centre - some serving two years and others life. They are from a broad spectrum of offences also, but the Centre tends to avoid those proposed residents who have an on-going hostility or violent tendency. The Centre also tends to shy from check writers.

The average length of stay for a resident is four to six months, although exceptions are made in certain cases; such as those serving life paroles. The present bed count at the Centre is twelve, but it can sleep sixteen men. Nine is the average population.

The Centre's physical structure is that of a large house. There are three bathrooms for residents, a sitting room with colored television, the basement has been converted into a recreational area with a large billiard table, coke machine, etc., and the upstairs consists of bedrooms. Some bedrooms sleep two and some three.

The Centre employs five counsellors, one senior counsellor - Jack Stewart, and the Director - Bob Bently. The Senior Counsellor does not have a case load, but each resident has one of the five counsellors as his own.

For the residents who are employed the weekly house rent is twenty-one dollars. This sum is divided into two parts, eleven dollars for food and ten dollars for rent. This ten dollar rent fee is placed into an account and is returned to the resident upon his release.

If by chance a resident loses his job or is having difficulty finding employment he will not be sent back, unless of course he was dismissed by his employer for an outright, deliberate action and his counsellor feels he is deteriorating.

In the case where the resident is unemployed he receives a house allowance of forty-five dollars per week. This is also supplied to new arrivals.

There are mandatory meetings every Monday evening beginning at six-thirty and usually lasting two hours. These meetings are much the same as the prison unit meetings and enable the Resident Committee to present their business and vice versa for the staff. Such topics as: house repairs, staff business, Committee business, previous week's events, etc. are discussed. Immediately following the meeting the house receives a thorough cleaning.

The Resident Committee has the same modes as an inmate committee. It expresses the wants and wishes of the residents and will present grievances. It also assists in the constructing of house rules and regulations.

As far as recreational facilities are concerned the Centre, itself, is limited. However, they have many different avenues open to the residence. Such things as : a year round Y.M.C.A. membership, social evenings, bowling, camping trips and portage canoeing.

The Centre provides medical care through contacts with doctors and dentists. Meals, however, are provided and prepared by a rotation of the residence. Supplies are bought via the house fee and whichever resident is cooking receives payment for his duties.

continued

The house rules are listed below. In concern with the new arrival, the curfew is a two week observation period during which a strict ten o'clock curfew every night must be kept. After this period you are permitted till twelve midnight, Sunday to Thursday, and Friday to Saturday till one A.M.. The sixteen main rules are:

- 1) All residents and staff are expected to attend Monday night meetings.
- 2) All residents are required to participate in the meal program.
- 3) (a) Passes are considered a privilege and not a right. They are, therefore, subject to revocation, if abused.

(b) Failure to honor curfew will be subject to disciplinary action.
- 4) All residents leaving the house must indicate destination, purpose and length of absence to the counsellor.
- 5) Residents are not permitted to leave the house after curfew without permission of the counsellor. Failure to observe this rule could result in being charged with unlawfully at large.
- 6) Certain areas of the premises are "off limits". This includes exit doors, roof balcony and fire escapes. Residents are allowed in office areas if accompanied by a staff member.
- 7) There are no visiting hours after curfew.
- 8) Visitors will not be allowed on second or third floors.
- 9) Residents will be responsible for the conduct of their visitors.
- 10) (a) Residents and staff will be responsible for the upkeep of the house and surrounding grounds.

(b) Residents will be expected to carry out assigned tasks and duties in this regard.
- 11) Normal rising time is 8:00 A.M. Other rising times will be determined by the resident and his counsellor.
- 12) The possession of drugs, liquor or weapons is prohibited.
- 13) Residents will not use office phones, except with the permission of a staff member. A pay phone is provided for residents.
- 14) Residents will not drive or purchase a motor vehicle except with the expressed permission of the Director.
- 15) Serious house problems such as loss of property, introduction of contraband, etc, will result in general house grounding. House ground will remain in effect until the issue is resolved to the satisfaction of both staff and residents.
- 16) Failure to abide by rules of the Centre will result in curtailment of privileges. Serious breaches of rules may result in return to Springhill Institution.

In conclusion I must say that I was very impressed by the comfortable atmosphere at the Centre and by the friendly nature of those who were present while I was there.

I wish to thank Tom Frizzel, of the Resident Committee, for sharing his time with me and thus making this article possible.

Halifax **UNISON** **Sydney**

'Working with the female offender'

Recommendations

Preface

1. A crisis exists in the Canadian Penitentiary system. It can be met only by the immediate implementation of large-scale reforms. It is imperative that the Solicitor General act immediately on this Report as a matter of the utmost urgency.

The Purposes of Imprisonment

2. The criminal justice system should be carefully re-examined with a view to enlarging the alternatives to incarceration.
3. The federal government should commence discussions with the provinces with a view to establishing standardized correctional operations across the country.

The Correctional Staff

4. The basic qualification for a correctional officer should be a grade 12 education (or its tested equivalent) and a minimum of three years' experience in a field involving extensive person-to-person relationships (teaching, corrections, counselling, supervision, sales). Additional education should be substitutable for experience or additional experience for education. The selection procedure should carefully consider the psychological attributes of prospective recruits to ensure their aptitude, maturity, stability and self-discipline for penitentiary work. They should also be required to pass security clearance.
5. Retirement at 55 years of age must be mandatory for all employees other than professional staff, with full pension after 25 years of service. Early voluntary retirement at age 50 after 20 years of service should be optional.
6. All custodial personnel must have an initial training course of three months' duration which combines instruction and field work, and they must not begin regular work in an institution before completing it. The best instructors available in the system should be utilized.
7. Custodial personnel must have full opportunity for continuing professional educational development and should be required to spend a minimum of one week a year in refresher courses or upgrading.
8. A sufficient number of training positions must be established to allow for the full and adequate training and continuing professional education of custodial personnel without depriving institutions of necessary staff. This number should be established annually.
9. Staff appointments above the initial level should either be made by promotion within the system, or appointees (other than professional persons or those who already have equivalent experience) should be required to spend a period of six months gaining experience in security before assuming their positions. It is vital that the service hold out the probability of promotion for the deserving officer.
10. The period of probation for new employees must be one year after the completion of the initial training course.
11. Staff must be paid in keeping with their training and status and we find the R.C.M. Police to be the appropriate model.
12. In order to increase staff experience and, to enhance the quality of Canadian penology, there must be regular programs of exchange of manpower for periods up to a year or two with penitentiary systems in other countries.
13. As far as possible, all staff members should have dual responsibility for security and program.
14. All staff members and all inmates in penitentiaries must wear name identification.
15. A "no deals" rule should establish that no agreements of any kind will be negotiated in hostage-takings while hostages are being held.
16. Each maximum and medium security penitentiary must have a tactical unit of staff trained to deal with hostage-taking and other crises. When necessary, a director should also call on the assistance of police tactical forces. The decision as to the role of Inmate Committees, if any, should also be left to the director.
17. Women should be employed on the same basis as men in the penitentiary service. Selection must be according to the same criteria used for men to ensure that recruits have the aptitude, maturity, stability and self-discipline required for penitentiary work.
18. When the new system of qualifications, pay, promotion and pensions is being instituted, all present penitentiary staff should be re-examined with a view to determine their continuing suitability for penitentiary service. Those who are not deemed suitable should be transferred to other government departments, retired from the Service with appropriate pensions, or dismissed.

Organization and Management of the Penitentiary Service

19. A rigorous post analysis must be carried out in all maximum and medium security institutions to eliminate overmanning of posts.
20. The penitentiary system must be clearly defined by a vertical management system with short lines of authority and communication between the top and bottom, and no intervening line authority between the directors of institutions and the Commissioner of Penitentiaries. The responsibility and the authority of each position must be clearly defined in writing by a carefully conducted internal role analysis.
21. Directors of institutions must have responsibility and authority for:
 - (a) the selection, hiring and dismissal of staff for the institution up to management level;
 - (b) provision of personnel services;
 - (c) creation, delegation and transfer of term positions, within budgetary limitations;
 - (d) manpower and career planning;
 - (e) in-service staff training; and
 - (f) program planning.
22. Regional offices must not have line management responsibility but should play a consultative, audit, service and support role. They must not interfere with the running of institutions. Divisional instructions must be abolished. Commissioner's Directives 102 and 106, to the extent that they subordinate institutional to regional directors, must be rescinded.
Regional offices should have responsibility and authority for:
 - (a) the planning, development and construction of new institutions in the region;
 - (b) the training of manpower for the region (shared with institutions);
 - (c) regional consultation and discussion;
 - (d) purchasing and stores (shared with institutions);
 - (e) personnel services, accounting and budgeting (shared with institutions); and
 - (f) the auditing of institutions in the region.
23. Security should be controlled by the head office of the Canadian Penitentiary Service.
24. The Commissioner should remain the chief administrative officer of the penitentiary system but he should be appointed by and responsible to a Board of five members (appointed for 5 year terms on a staggered basis by the Solicitor General) which would have sole responsibility for the making of policy. The Board must not have an attached bureaucracy additional to the Penitentiary Service. It should report to the Solicitor General and should be required to make an annual report to Parliament through the Solicitor General.
25. The Penitentiary System should be open and accountable to the public.
26. The Penitentiary Service under the board must be an independent agency of government not subject to the *Public Service Employment Act* or the *Public Service Staff Relations Act*. It should resemble the R.C.M. Police in its discipline and professionalism. Employees should be subject to discharge for misconduct or incompetence.
27. Employees of the Penitentiary Service who perform supervisory or confidential functions should not be entitled to belong to unions. Matters clearly under the prerogative of management such as security, programming and inmate welfare must not become the subject of collective bargaining. Compulsory arbitration must be the only means of dispute settlement.
28. An Inspector-General of Penitentiaries should be established, reporting directly to the Commissioner. This person should be charged with inspecting institutions and investigating irregularities, but he should refer criminal investigation to the appropriate police force.

Justice within the Walls

29. Commissioner's directives must be consolidated into a consistent code of regulations having the force of law for both inmates and staff. They should be understandable and should be made available to both staff and inmates on entry into the penitentiary system.
30. Independent chairpersons are required immediately in all institutions to preside over disciplinary hearings. Cases should be proceeded with within 48 hours unless there is reasonable cause for delay.
31. With respect to administrative segregation, there must be a Segregation Review Board and due notice in writing of the Board's decisions. The functioning of this system must be reviewed after two years to determine if it adequately protects the rights of inmates.
32. Gas should not as a normal practice be employed against a single inmate. Where force is required to remove a resisting inmate from his cell, he should be physically overpowered by a team of guards.
33. The transfer of inmates from an institution (either at their request or involuntarily) should normally be arranged by the Director of that institution with the Director of the receiving institution. Transfers should be effected by train or by Government bus or by Government aircraft, not by commercial aircraft.
34. Institutional libraries must provide adequate material for legal research, especially in the field of criminal law.

35. Uncertainty by inmates as to the length of their sentences is a factor causing unrest in penitentiaries. Since such uncertainty results from ambiguities as to the precise meaning of judicial sentences, the Minister of Justice should refer this problem to a study group with a view to amending the *Criminal Code* to remove the problem.

36. The grievances of individual inmates in each institution must be dealt with by a committee composed of equal numbers (two and two) of staff and inmates. This committee should be chaired by a member of the administrative staff who should vote only in the case of a tie. Where their decision is not in his favour the inmate should be entitled to appeal to an outside mediator who would advise the director. The decision of the director shall be final, except in instances where the grievance involves general policy over which the director does not have jurisdiction, in which case the matter should be referred to the Commissioner of Penitentiaries.

37. The position of Correctional Investigator should be continued for the present, subject to review of the role in two years. The Investigator should report directly to Parliament rather than to the Solicitor General.

38. The inmates in each institution should be represented by an Inmate Committee elected at least in part on a range-by-range basis. Where they are present in sufficient numbers, minority groups such as native peoples, métis and blacks should have representation on the Committee. Inmates in protective custody in institutions where not all inmates are in protective custody should be represented by separate Committees. The position of chairman should be a full-time one and the institution should provide some facilities to the Committee.

Work, Education and Training

39. The Penitentiaries Act should be amended to allow the products of inmate labour to compete on the open market, and the change should be implemented after full consultation with industry and with labour.

40. A national prison industries corporation should be established, and the full cooperation of business and labor enlisted in providing guidance in organization and implementation towards the fullest possible work opportunities in penitentiaries.

41. There must be a graduated system of incentives based on labour productivity. Incentives should include bonuses for piecework and improvements, and earned remission. Inmates who work either inside or outside penitentiaries should be required to pay room and board at reasonable rates and to contribute to the support of their families to the extent that these demands are compatible with their retaining a financial incentive to work.

42. The training given in workshops should be monitored by official representatives of outside trade groups, and the penitentiary system should direct itself towards the production of things in demand. Arrangements should be made with the provinces for apprenticeship programs and licencing or certification.

43. Academic education and trades training must be provided. Every inmate who so wishes should be allowed to follow correspondence courses.

Socialization

44. Institutional budgets should be such as to allow personnel more independence in the development and the establishment of training programs.

45. The social therapy technique developed by the Oak Ridge Division of the Ontario Mental Hospital at Penetanguishene is the most promising known for assisting offenders in self reformation. This technique should be introduced into both maximum and medium security institutions immediately to the extent that it is possible to separate entirely the inmates in social therapy from the rest of the prison population. New institutions should be built with the need for small completely contained units in mind.

46. There must be ongoing relationships between the same staff members and the same inmates. In particular, the Team Concept and especially the Living-Unit Concept must become the ordinary theories of staff management at every institution.

47. Social interaction must be maximized in prison life. This means frequent interaction between staff and inmates, between inmates themselves as in common dining, and between inmates and visitors, as in contact visiting. Inmates should spend as much time as possible outside their cells and in general have conditions of socialization as much like those of the outside community as possible.

48. Outside groups which do not disrupt the orderly operation of the institution should be allowed increased access.

49. Citizen Advisory Committees must be established in all federal maximum, medium and minimum penal institutions. Members should be recruited from a cross-section of society representing a wide variety of interests as well as the ethnic and cultural characteristics of the local and institutional communities. Members should be appointed by the Commissioner on the approval of the institutional director and removed in the same manner, and should be required to undergo a security clearance.

The principal function of these Committees should be to assist the director with the overall development of the institution and its programs. They should assist in determining the types of program that are needed for inmates in the

institution in response to the needs of staff and inmates. They should define the degree of general citizen participation compatible with the goals of the institution, and advise the institutional director of local attitudes towards the institution and its programs. With the help of the director and his staff, the Committee will develop methods of informing and educating the public in the operation and programs of the institution.

Citizen Advisory Committees should not take on the role of mediator during disturbances.

The Committees should hold regular meetings inside the institution with the director, staff and the inmates' committees. They should have, at all reasonable times, access to the institution and to the non-classified files and information held by the institution.

An annual report should be submitted to the Commissioner of Penitentiaries by each Advisory Committee. This report should be made public.

Institutions

50. New institutions should be small (200-250 inmates) and may be clustered together with several shared functions.

51. Controlled epileptics should not be excluded from minimum security institutions.

52. Competently staffed Reception Centres for the classification of inmates must be located in every Region. If Reception Centres operate within another institution, inmates awaiting classification must be isolated from the rest of the inmate population, and facilities in existing institutions should be adapted to this end. A major review of the approach to classification is required: information should include all sources, the inmate should have the right to see his final report, and the correctional staff should have no de facto veto.

53. Inmates must be fed adequately and nutritiously and should eat in common.

54. The Penitentiary Service must keep adequate records of the drugs dispensed to inmates so that control may be exercised over the amount of medication employed.

55. An immediate beginning must be made on phasing out the Prison for Women. Until the phaseout is complete, facilities and space must be provided immediately for an activity centre, and the life skills program must be restored.

As a replacement for the present Prison for Women small cottage-type institutions or village clusters must be established in at least three regions of Canada, with adequate programs to prepare women for release. Where security is required, it should be provided only on the perimeter, or for the very small group that requires it.

If there are not enough women for government operated Community Corrections or Release Centres to be established, alternative residential arrangements or resources in the community must be found and used. Private homes could be recognized by the National Parole Service as Community Resource Centres for women on day parole.

56. For individuals who have persistently resisted discipline, work and socialization, a limited number of special correctional units should exist. These institutions should have all the programs and services of other maximum institutions, including the therapeutic community.

57. A small number of maximum security institutions should be used exclusively for inmates who require protective custody. Each such institution should have a section designated as medium security.

58. Regional Psychiatric Centres should be withdrawn from the jurisdiction of the Penitentiary Service and placed under the federal Ministry of Health and Welfare. Discussions should be held with the provinces to coordinate federal and provincial mental health services.

59. There should be several separate institutions for the treatment of sex offenders, since their therapy needs are distinctive from those of other inmates with personality disorders. Admission should be on a voluntary basis.

60. A special institution should be established in British Columbia for the treatment of drug addicts.

61. At least one separate institution should be provided for youthful offenders on a selective basis. There should be at least one wilderness camp for native peoples and northern residents accustomed to life in remote areas.

62. The C.P.S. should research the possibility of expanding, in at least one new institution, the Citizen Advisory Committee into a Board of Governors on an experimental basis. Such a Board should consist of about 12 members and should appoint the director and senior administrative staff.

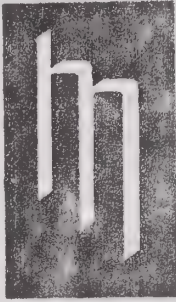
63. The Canadian Penitentiary Service should carry out an in-depth study of the feasibility and viability of penal communities in reasonably inaccessible areas as an alternative to confinement in conventional institutions for inmates serving long sentences without eligibility for parole.

Pre-Release and Parole

64. The appearance of arbitrariness in parole, especially in parole revocation without notice or reasons, is an unsettling factor in penitentiary life. There is also much resentment of the fact that mandatory supervision places dischargees under conditions similar to parole for a period of time equal to that of their earned and statutory remission. The parole system should be reviewed with a view to lessening these arbitrary aspects.

Conclusion

65. The Standing Committee on Justice and Legal Affairs should have a permanent reference during the rest of the 30th Parliament and for the 31st Parliament to enable it to review the implementation of this Report in the context of the criminal justice system.



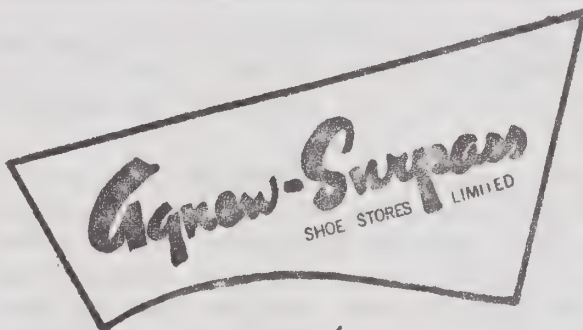
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FOX

Ah, dear citizens, you've been had again. Another slippery politician has slid from the questioning gaze of yet another Royal Commission.

Our dear Mr. Fox of Peace And Security fame has been shuffled to the deck of tricky has-beens. Everyone here has had a good laugh at the pompous goings-on on the hill. Of course the R.C.M.P. had knowledge of the abortion scandal; how better to ensure the cooperation of your politically motivated boss? Too bad he had to be eliminated as the pressure got a bit hot. A man who'd forge an abortion certificate can only be trusted so far after all.....

J.J. Blais has succeeded Mr. Fox in this position, and it will be interesting to see what changes if any will reflect his presence. Hopefully his past performance in the Post Office is no measure of his capabilities. If the speed of our mails is to serve as an example, then you'd better get your parole papers in now.

Recently a group calling themselves the PRA or Prisoner's Revolutionary Army has called for the immediate implementation of the 65 recommendations of the Parliamentary Sub-Committee. Only time will tell. This revolutionary move may be used as justification for stalling an already tortoise-like reform.

RCMP

A recent article in the Law Union News, entitled "Law Union Seeks To Expose Self" described the RCMP's waste of 2.1 million dollars in surveillance, and the collection of great volumes of information. They issued a Press Release which follows:

"Until recently we had naively believed that the RCMP was but the honest agent of state capitalism and the international monopolies, and the front line enemy of the working class. Now we learn that it is the largest library and document centre in the country. We want equal access, and full borrowing privileges."

Ecology

In the last issue we told you that an organization known as Ecology Action Centre and their monthly organ, JUSUN,

was in serious financial trouble and we now report that their bills are in the minority again. Only continued support can ensure your interests are being at least given some forum for discussion and in many cases some action has been taken. Any of our readers who have supported this environmental agency already know about this. Those of you who are not able to offer financial support can be of use by asking for material and, by following the issues at hand one can be injecting some of their knowledge and spreading information on issues which are daily becoming more important. You could think of it as a resistance.

NEW

On March 21, a notice was distributed to the cells. This notice explains that a new Earned Remission system will be introduced April 1, 1978. The text of the notice follows;

- 1) On April 1, 1978 the present system of Statutory Remission and Earned Remission of three (3) days per month will cease.
- 2) For inmates sentenced as of 1 April 1978 all remission will be Earned Remission; for inmates sentenced before 1 April 1978 remission will be a combination of the old system and the new system. However, in no case can an inmate be credited for more than one (1) day's remission for every two days served.
- 3) Under the new system an inmate can earn up to fifteen (15) days remission every thirty (30) days served (one third of his total sentence).
- 4) The fifteen (15) days remission will be calculated on the basis of five (5) days for conduct and ten (10) days for participation.
- 5) The five (5) days for conduct will be under a demerit point system where the Chairman of the Disciplinary Board can award demerit points when an inmate is found guilty of a disciplinary Offence.
- 6) The ten (10) days for participation will be based on satisfactory participation in the activities that are part of the recognized institutional program in which the inmate is authorized or required to be involved. It should be noted that at least one-half of the Earned Remission for participation is based upon an inmate's work performance.

Continues inside back cover

THROUGH THE GATES OF NO.8

Long was the wait but nonetheless it has finally arrived. 1978 looks to be a good year for the Brothers of Eight

Christmas was as well as could be expected considering our surroundings. There were many card tournaments and a couple of bingos held to help occupy the slack time over the festive season. The inmates all seemed to appreciate this very much. Special thanks must be offered to Mel Reddick and Tom Boutilier for organizing the events.

As for the decorating contest we did not do too well. The main thing though is that everyone had a good time decorating the unit.

An election was held for two new inmate committee members to represent the Big Eight. Our new members are Monk "The Mayor" Legere and myself. We are trying our best to do a good job and we are always open to suggestions and ideas.

King Dobson has organized monthly unit meetings - a touch of therapeutic conception. Nick Landry is Inmate Chairman and Hal White is the secretary. Their job will be to keep the meetings parliamentary and formal; arranging the agenda and conducting the meetings.

This whole idea strikes me as a very good venture and it may be just what the

ole Eight Ball needs. We will be enabled to properly discuss our various proposals and complaints.

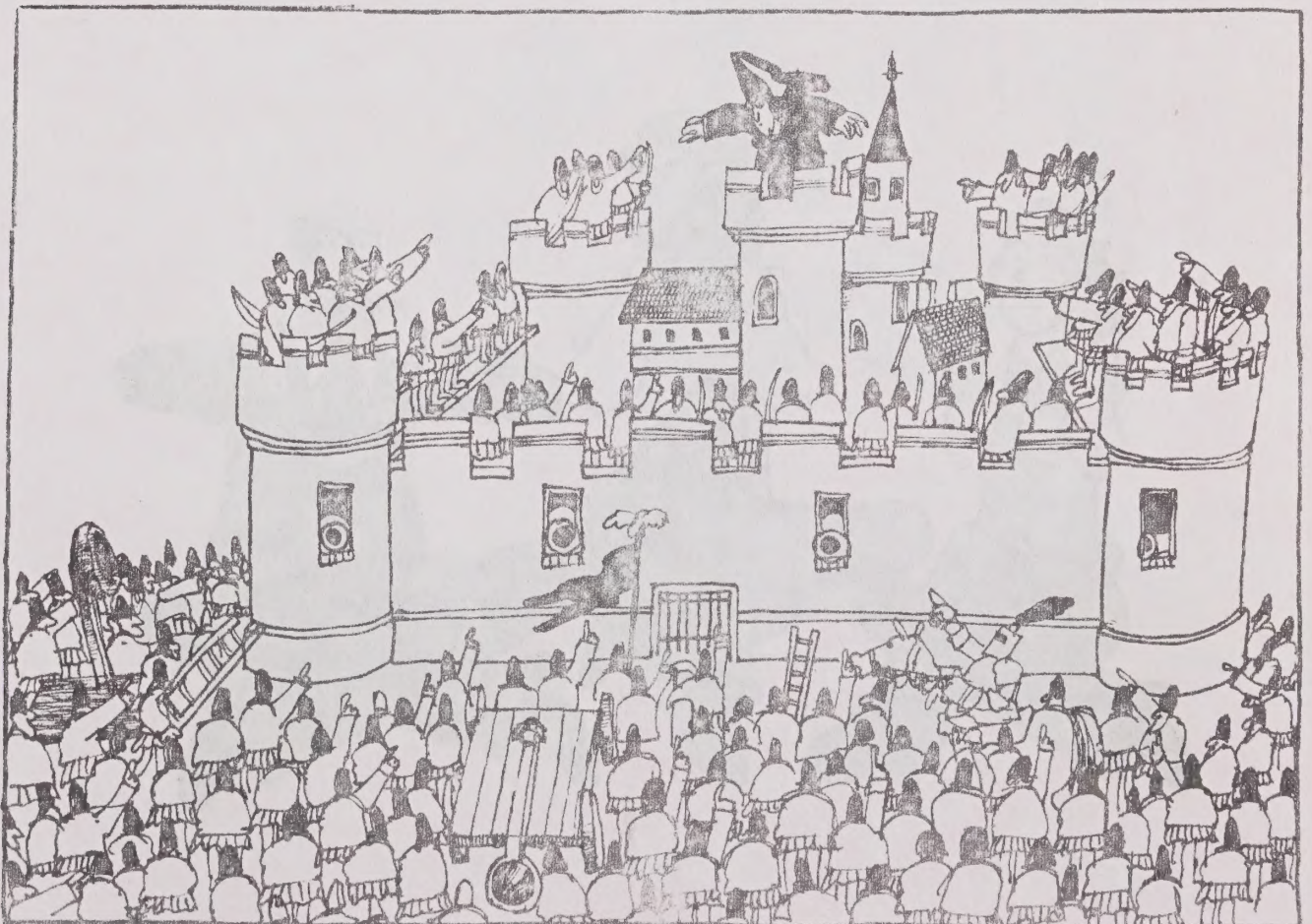
Due to the lack of heat in the unit-music room it was closed down until the spring when it will be possible to sit in it and not freeze your fanny perpendicular.

The ranges have been the usual, that is all except two. Rumor has it that C range had a slight incident with a band of Pixy Imps while at the same time and immediately above F range has been having problems with flying garbage cans. At this moment these various problems are sitting in the bucolic dungeon.

As was expected the new year brought with it many good things. Group T.A.s, special movies, and an extra ten minutes on Saturday evenings which will enable us to view the end of the weekly movie. This was very well appreciated as many of the Brothers - of- Eight felt that we need such things to help keep the unit running along. We have also been assured that the ole castle shall be painted this year.

So all in all things are going well.

Shakie Verner



Beware the Ides of March - Unit 10

by Aram Zakarian

After many meetings, letters, periods of waiting, conversations, discussion both pro and con, concern by both inmates and staff and neglect by some, then the final closing of our doors, the news of # 10's reopening has reached us.

There was a time when we really thought that the idea of a therapeutic community had gone by the boards. Many of us here felt the futility of any further discussion with the powers that be. While others in our community felt that since we had lost some we didn't have to lose all, and they continued. The they in this case again were inmates and staff doing their thing in their own way. It finally came together and a presentation was made and the echos of it reached the powers that be at last. A decision was made and the therapeutic community will go on officially starting up again on April 1, 1978.

I personally feel that the idea of the community was and always has been a success and with its success, has been neglected to a certain extent. Now since the announcement to reopen has been put forth and with it new ideas and regulations, #10 can now look forward not only to the reopening of the drum doors but also an opening of spirit of the therapeutic community.

This past week the inmate committee passed the proposal for #10's camera. The unit is now in the process of getting it together for the coming spring and summer. As soon as the details are worked out the rest of the population will be informed.

The above article was written by a member of the community who is leaving for another joint in Ontario, so that he can be closer to his wife. The unit and myself would like to thank him for his contribution to the unit and would like to wish him good luck with his future days ahead.

Michael McCabe



7) Inmates who have been placed in punitive Dissociation (have been found guilty of a disciplinary offence) shall not be credited with Earned Remission for the period spent in punitive Dissociation.

8) Inmates will be liable to forfeiture of both Statutory and new Earned Remission after conviction in disciplinary court for a flagrant or serious offence. However, unlike the present system where Statutory Remission may be restored, any loss of new Earned Remission (earned after 1 April 1978) cannot be restored once forfeited.

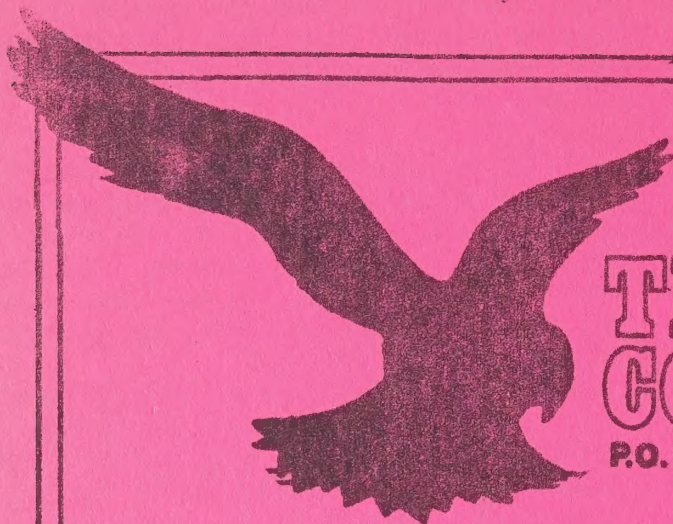
9) Awards of new Earned Remission will be made every thirty (30) days.

10) Inmates who have not earned the total of fifteen (15) days for the thirty (30) day period will be notified in writing.

11) If an inmate is not satisfied with the Remission he has been credited with he may then appeal to the Chairman of the Earned Remission Board. If he is still not satisfied, he may then appeal to the Director of the Institution, whose decision is final.

We hope that somewhere along the line we will be told what is considered "satisfactory participation". Certainly not all of the available programs would be of value to an individual, indeed, it must be evaluated on an individual basis so that an inmate with a sore toe will not be penalized for dropping out of the recreation program. GS





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